

## **ABSTRACT**

A variable stride exercise apparatus is described. A variable stride exercise apparatus may include a frame. A crank system may be coupled to the frame. A  
5 movable member may be coupled to the crank system. The movable member may travel in a substantially curvilinear path during use of the apparatus. A foot member may be coupled to the movable member. The foot member and the movable member may allow a user of the apparatus to selectively control the path of the foot member. The foot of the user may travel in a substantially curvilinear path during use of the apparatus. At least a  
10 portion of the apparatus may remain substantially stationary during use.